

Lunch Menu - Week 1

Gluten incl Wheat - Crustaceans - Soya - Mustard - Sesame Seeds - Lupin - Sulphides - Milk - Fish - Eggs - Peanuts - Molluscs - Nuts - Celery

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Pasta with Fresh Tomato and Basil Sauce	Homemade Tikka Masala with Indian Breads	Traditional Shepherds Pie with Thyme Gravy	Cumberland Sausages with Homemade Onion Gravy	Battered Jumbo Fish Fingers
	<i>gluten/celery</i>	<i>Gluten/milk/celery</i>	<i>Celery</i>	<i>Celery/gluten</i>	<i>fish/gluten/milk</i>
Vegetarian	Vegetable Spring Rolls with Pilaf Rice	Portobello Mushroom Bruschetta	Roasted Vegetable Frittata	Homemade Nachos with Guacamole and Roasted Sweet Tomatoes	Vegetable Enchiladas
	<i>egg/milk/gluten</i>	<i>celery/gluten/milk</i>	<i>eggs/milk</i>	<i>gluten</i>	<i>milk/gluten</i>
Sides	Baton Carrots and Garden Peas	Herbed Broccoli and Sweetcorn	Roasted Butternut Squash and Seasoned Peas	Buttered Savoy Cabbage and Bato Carrots	Baked Beans and Crudites
Starch	Garlic Bread	Braised Coriander Rice	Parsley Mash	Baby Crushed Potatoes	French Fries
	<i>gluten/milk</i>	<i>milk</i>			
Dessert	Homemade Lemon Sponge	Traditional Apple Crumble with Vanilla Custard	Homemade Shortbread	Double Chocolate cheesecake	Pancakes with Honey Drizzle
	<i>eggs</i>	<i>milk</i>	<i>gluten</i>	<i>gluten/milk/soya</i>	<i>milk/egg/gluten</i>

Chef Manager - Jane Beech
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Making Children Happy and Healthy